



Advanced radiation unit
delivers powerful cancer
treatments with pinpoint accuracy.

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CAYUGA CANCER CENTER
Annual Report 2019



Cayuga
HEALTH SYSTEM

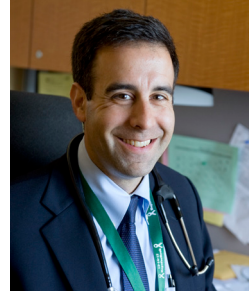
Enhanced treatments, new physicians, expanded support team improve care for our patients

Cayuga Cancer Center has seen significant enhancements in the diagnoses, treatment, clinical care, and support for their patients in 2019. In the fall, the da Vinci Surgical System equipped Cayuga Medical Center surgeons with robotic-assisted technology that enhances the precision of incisions and expands the scope of minimally invasive procedures for cancer patients. The robotic surgery is treating several cancers including colorectal cancer and is also used in endocrine surgeries and gastrointestinal surgery. We began construction, which was completed this summer, to install a state-of-the-art TrueBeam® linear accelerator in our Radiation Oncology Department. The new technology provides improved care and comfort for patients having radiotherapy at Cayuga Medical Center.

The radiation oncology program's newest generation TrueBeam® linear accelerator is expected to begin treating cancers of the lung, breast, prostate, gastrointestinal tract, esophagus, brain, and other organs this summer. (See page 6 for more on the TrueBeam® linear accelerator.)

Behind that new technology is a growing team of health care providers with years of experience in cancer care.

Expanded oncology team



Timothy E. Bael,
Medical Director,
Cayuga Cancer Center



Charles Garbo, MD, *Chairman,*
Cayuga Medical Center Cancer Program
Cancer Liaison Physician to the
Commission on Cancer



Jeffrey W. Cronk, MD, joined Cayuga Cancer Center in late 2019 and brings nearly 30 years of experience as a physician and oncologist with hospitals and health organizations in Virginia, Florida, South Carolina, California, and Hawaii. He was most recently the Director of Medical Oncology and Oncology Services at the Wilcox Medical Center and Kauai Medical Clinic Hawaii Pacific Health in Lihue, HI. He

served on a variety of management and executive teams at the hospital and was a member of the Executive Steering Committee, Seattle Cancer Care Alliance and Hawaii Pacific Health, Oahu and Kauai, HI.

"I am trained as an oncologist, and I have additional training in malignant hematology and leukemia," he says.

His medical training, residency, and fellowship were in hematology and general oncology at the University of Virginia School of Medicine and the University of Virginia Health Sciences Center, both in Charlottesville, VA. He is board certified in internal medicine, medical oncology, and hematology. He graduated with distinction in 1989 from Cornell University's Division of Molecular Development and Genetics and received a Bachelor of Science degree.

Dr. Cronk joins the team of oncologists at Cayuga Cancer Center, which has seen an increase in patient population.

Improved patient care locations

Cayuga Cancer Center's Cortland office located at 1081 Commons Ave. is our newest location. This office will offer on-site infusion services. The expansion at our East Campus office at 10 Arrowwood Drive increases our ability to see more patients by increasing exam rooms and the infusion suite. We also have services at Schuyler Hospital and at the main campus of Cayuga Medical Center. Details: 1-833-CAYUGA1.

New Family Nurse Practitioners



Cynthia Davis, FNP came to the Cayuga Cancer Center after two years as a nurse practitioner caring for patients of all ages in a primary care setting at Trumansburg Family Health. Earlier, she was a registered nurse at Cayuga Medical Center and local private medical practices. She received her Master of Science in Nursing/Family Nurse Practitioner, degree from Binghamton University in 2018.



Amy Aittama, FNP most recently treated patients at Cayuga Family Medicine and Cornell Health providing a wide range of wellness and physical exams. She graduated magna cum laude in 2014 with a Master of Science Nursing degree from the State University of New York Health Science Center of Syracuse. She has been a family nurse practitioner with Ithaca Med and earlier a registered nurse at Cayuga Medical Center.

Certified Breast Nurse Navigator



Diana Hewett, RN, joined the Cayuga Health System imaging program as a Certified Breast Nurse Navigator in 2019. Among the key roles a Breast Nurse Navigator has is providing patients with guidance throughout their imaging procedures, educating about breast diseases, coordinating additional tests, ensuring patients understand their physician's instructions, and linking patients to programs that can assist in their care.

Patient support services



Greg Finch, LMSW, joined the Cayuga Cancer Center in 2019 as a social worker to help patients and their families with the challenges they face during and after cancer treatments. He works collaboratively with the physicians, nurses and nurse navigators to assure patients get the support and services they need.

The team advocates for patients, collaborates with care-givers and health-care providers, links patients to community resources, coordinates patient care, and educates patients and the community about cancer issues.

Counseling patients and family members coping with depression, financial worries, grief, and end of life decisions are key parts of the care Finch provides along with the Cancer Center Nurse Navigators **Renata Dawson, RN; Kristina Miller, RN;** and **Lindsay Winstead, RN.** He and the Nurse Navigators also link patients and families to community programs that assist with disability

and health insurance, grocery shopping, meals, house-keeping, caring for pets, transportation and other support services. The counseling and assistance are provided without charge.

Finch has worked as a social worker since 1985 at hospitals in the Finger Lakes region and in private practice. Before joining the Cayuga Cancer Center, he worked in the emergency department of Cayuga Medical Center as a psychiatric evaluator and social worker. He got his master's degree in social work from Adelphi University at Burlington, VT.



Renata Dawson, RN



Kristina Miller, RN



Lindsay Winstead, RN



Dolores and Kraig Adler

A team of experts diagnose and treat a rare, aggressive cancer

What looked like a skin rash to Dolores Adler last June became a diagnostic challenge to identify as a rare, aggressive cancer with a variety of symptoms. As the rash spread across Dolores's back and arms last summer, the Lansing resident had physicians examine the skin condition. In September, Dolores was seen at Cayuga Cancer Center. A rash can be one of many symptoms for T-cell lymphoma. When Dolores got the diagnosis, she wanted to get a second opinion. The team at Cayuga Cancer Center readily agreed and coordinated a consultation with a lymphoma specialist at Weill Cornell Medicine in New York City. The choice of Weill Cornell was reassuring to Dolores and her husband, Kraig. They had confronted serious illnesses in the past as a team, and both had earlier cancer treatments that involved both Cayuga Medical Center and Weill Cornell.

T-cell lymphomas are often difficult to diagnose, and Dolores's treatment team needed a biopsy to match her type of cancer with the most effective treatment. The first biopsy done at



Elizabeth Plocharczyk, MD

CMC and the second at Weill Cornell were inconclusive. A third biopsy examined at CMC by Elizabeth Plocharczyk, MD, a dermatopathologist, confirmed the T-cell lymphoma diagnosis.

"She nailed it two days after my third biopsy. Our community is fortunate to have a dermatopathologist. Those specialists usually practice at much larger hospitals," Dolores notes.

With a definitive diagnosis, Cayuga Medical Center and the Weill Cornell team could target Dolores's cancer with the optimal drug treatment, and her chemotherapy at the Cayuga Cancer Center began within a few days. Dolores's lymphoma responded after three treatments, but she would need more treatments to kill the remaining cancer cells. While she was having chemotherapy in Ithaca, every few months Dolores and Kraig took Cornell University's Campus to Campus bus to Weill Cornell so specialists could review her progress and conduct other tests. The Cancer Resource Center of the Finger Lakes coordinates the bus rides for local cancer patients. Cornell sets aside seats so patients can ride for free on the daily shuttles between the campus Weill Cornell.

"I can't tell you what a difference having that bus meant for Kraig and me," Dolores says. "Car trips between Ithaca and New York would have been exhausting for us both, but the

Campus to Campus bus is comfortable and convenient."

During her first lymphoma treatment in 2017, both Cayuga Medical Center and Dolores's care team at Weill Cornell recommended a stem cell transplant so her chemotherapy would be more effective. The transplant would involve removing and storing Dolores's stem cells while she had intensive chemotherapy to destroy the cancer cells in her blood. The stem cells were re-infused into Dolores so she could produce healthy blood cells.

Collecting stem cells requires a daily drug injection over five consecutive days to facilitate stem cell harvesting. CMC nurses assisted to accomplish that procedure, so Dolores and Kraig could take the campus bus to Weill Cornell where her stem cells were collected.



Jennifer Fuller, RN, BSN, OCN

"Throughout this process, Cayuga Medical was wonderfully helpful. Jennifer Fuller, the oncologist nurse manager, arranged for my treatments to coordinate seamlessly at CMC.," Dolores says.

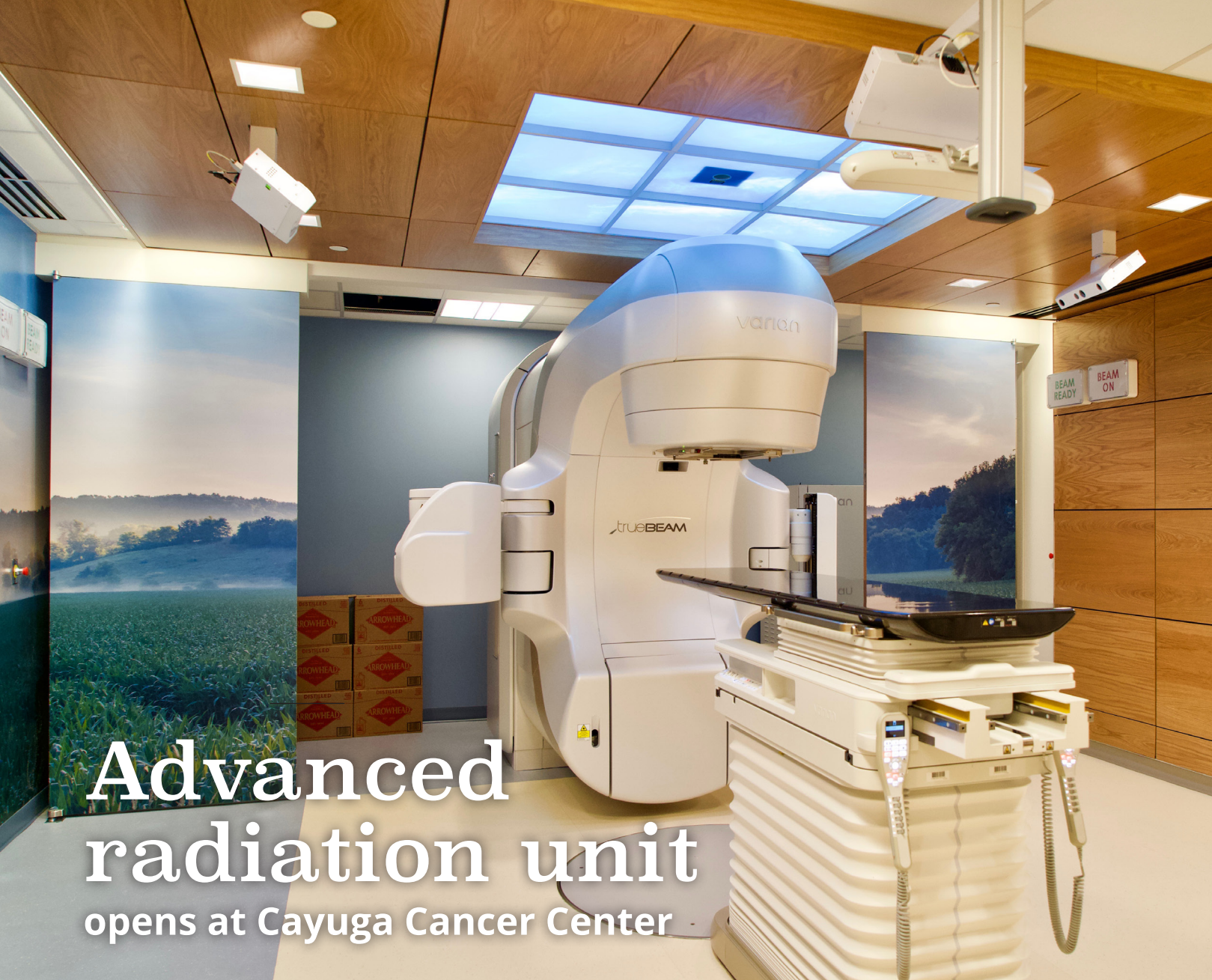
"Jennifer took a big issue right off the table so we could focus on Dolores's treatment," adds Kraig, an emeritus biology professor at Cornell University and the Vice Provost for Life Sciences from 1998 to 2005.

The couple recalls many examples of Cayuga Cancer Center's caring help during Dolores's two separate lymphoma battles.

"My first round of chemo left me exhausted and Kraig was just as tired from the long hours involved with my care. At one of my chemo appointments, the nurses could see that he needed attention, too," Dolores recalls. "They took him to an open chair, covered him with a heated blanket for a 2½-hour nap while I had my infusion. They took care of him and me."

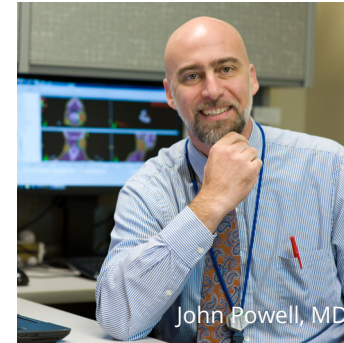
Dolores began her second series of chemotherapy for T-cell lymphoma last October. By November, her tumors were no longer detectable on a PET scan, and she was still doing well in late winter of 2020. She continues chemotherapy at Cayuga Cancer Center every three weeks to maintain her remission. Her periodic PET scans and care at the Cayuga Cancer Center are coordinated with the Weill Cornell cancer team.

"Our community should realize how fortunate we are for the sophisticated level of care here," Dolores says. "If you have to get sick with cancer, boy oh boy, we are fortunate because we have an unusually high level of care in Ithaca. They make cancer manageable."



Advanced radiation unit opens at Cayuga Cancer Center

Patients needing radiation therapy will find an advanced radiotherapy system at the Cayuga Cancer Center. The re-engineered TrueBeam® technology will deliver more powerful cancer treatments with pinpoint accuracy and better precision than previous generations of medical linear accelerators. The new unit integrates advanced imaging and motion management technologies that monitor and compensate for patient motion during treatment. The advances open new possibilities for treating cancers of the lung, breast, prostate, head and neck, and other malignancies.



John Powell, MD

Faster treatments

“The new technology reduces treatment time for Cayuga Cancer Center patients. Simple treatments now requiring 10 to 30 minutes will be completed in less than two minutes,” says John Powell, MD, medical director of the Radiation Oncology Department at the Cayuga Cancer Center and a member of the medical staff at Roswell Park Comprehensive Cancer Center in Buffalo.

“Shorter treatment sessions are more comfortable for patients. The redesigned treatment table repositions the patient on a variety of planes so technicians no longer physically move the patient for treatment,” Dr. Powell says.

About two-thirds of the patients receiving cancer care at the Cayuga Health System’s Cayuga Medical Center and Schuyler Hospital have radiation therapy as part of their treatment. Radiotherapy works by limiting the ability of cancer cells to grow and spread. Radiation disrupts the DNA of these fast-growing cancer cells and prevents them from replicating. TrueBeam® radiotherapy has treated Cayuga Cancer Center patients since 2005 when the medical center installed its first accelerator at its Main Campus.

Collaboration with Roswell Park Cancer Center

“Cayuga Medical Center and Roswell Park have collaborated to make state-of-the-art radiation therapy available locally for patients since 2005. In planning for this new linear accelerator, we consulted with Roswell, which has the TrueBeam® accelerator. We’ll be able to share our experience and knowledge on the best ways to use this equipment to care for patients,” says Dr. Powell. TrueBeam’s® advanced medical accelerator produces the radiation for radiotherapy. The unit

has two main components: a beam system that generates photon, electron, and diagnostic X-rays,

and a control panel located outside the treatment room. Visitors to Cayuga Medical Center may have noticed construction near the medical office building. The new construction consists of a new vault to house the TrueBeam® accelerator and additional work space for the therapists who operate the machine. Cayuga Medical Center had the forethought to design this vault around the existing vault for a future replacement of a linear accelerator.

Precise targeting of tumors

TrueBeam® uses a beam that arcs around the patient to deliver the precise radiation dose to match the three-dimensional shape of the tumor. The beam’s intensity and angle are adjusted during treatment to target the tumor with submillimeter accuracy from multiple positions. Those advances deliver the maximum dose of radiation to the tumor, and the lowest dose to the surrounding healthy tissue. The unit operates quietly and provides built-in music capabilities so a patient can listen to music during treatment. Two-way communication links the patient to the control station, and the technician can see and monitor the patient through two closed-circuit televisions. The new TrueBeam® features provide patients with greater accuracy, speed, and comfort during treatment and gives medical professionals the ability to treat many types of complex cancer cases.

Precise delivery of the beam to a patient’s tumor at the correct dosage is essential in radiotherapy. Before treatments begin, the radiation oncology team develops a treatment plan using three-dimensional images of the tumor to fine-tune the targeting. The new TrueBeam® unit produces images twice as fast as previous imaging technology made by Varian Medical Systems, the maker of TrueBeam® accelerators that are used in nearly 100 countries to treat cancer.





Community agencies support and strengthen Cayuga Medical Center's cancer services.

American Cancer Society (ACS)

ACS provides diagnosis-specific information, referrals to community resources, and peer and professional support for people living with a cancer diagnosis and their families. Among the programs: transportation, lodging, education, and supportive services. (800) 227-2345 (cancer.org)

Cancer Resource Center of the Finger Lakes (CRCFL)

CRCFL has provided personalized support and information to area residents affected by cancer since 1994. Services include one-on-one help, financial advocacy and assistance, transportation, and wellness programs. It facilitates daily shuttle service on the Cornell Campus to Campus Bus from Ithaca to Weill Cornell Medical in New York City. Marilee Murphy became executive director of CRCFL in 2019. She is a long-time Ithaca resident and holds bachelor's degrees in nutrition from Cornell University and in nursing from Binghamton University. Marilee has been a staff nurse at Cayuga Medical Center and serves on the National Certification Commission for Acupuncture and Oriental Medicine as board chair.



Marilee Murphy, RN

The Resource Center has many support groups and also offers a lending library; free wigs, hats, and other items; resource guides to services in Tompkins and regional counties. Its volunteers and local staff help cancer patients and their families at the Cancer Resource Center and at Cayuga Medical Center. (607) 277-0960. (crcfl.net)

Cancer Resource Room

The Cancer Resource Room is located at Cayuga Medical Center on the first floor of the adjacent medical office building. An affiliation between CMC and the Cancer Resource Center of the Finger Lakes operates the resource room. It is open daily to provide support, information, and respite to patients and their loved ones.



Bill Halton

Hospice and Palliative Care Services (HPCS)

Outpatient Palliative Care Programs

- Advanced Illness Management (AIM) by Visiting Nurse Service (VNS) provides extra social work and nursing support to standard homecare services provided by VNS, including 24/7 on-call assistance. There are no additional costs to participate in AIM. They help patients and their caregivers understand illness, think about a plan of care, and decrease symptoms (pain, shortness of breath, and anxiety).
- Palliative Approach to Health (PATH) program administered by Hospicare provides patients and caregivers the support needed to manage the medical, emotional, spiritual, and practical challenges that advanced illness can bring at no additional cost. They provide healthcare coaching to discuss goals of care, education regarding your illness, and how best to manage your symptoms by working closely with your doctor.

Hospice Services

- Hospicare delivers care to people of any age with a terminal diagnosis and no longer receiving curative treatment. Its goal is helping people live their final months fully and peacefully by providing emotional and spiritual support, medical case management, and collaboration with patients' primary care providers.

Bereavement Program

- Hospicare Bereavement Program offers services to those who have experienced a loss while on hospice services, and community members without connection to Hospicare.

Cancer Services Program of Cortland and Tompkins Counties

The Cancer Services Program helps those with little or no health insurance get care to reduce their risk of breast, cervical, prostate, and colorectal cancers. The program is a New York State Department of Health initiative that works with health care providers to offer free, age-appropriate, risk-based cancer screenings. (607) 758-5523.